YOGA CLASSES
AGES 10+

Yoga: Youth Adaptive
Our Adaptive Yoga is open to youth with disabilities ages 13-21 to come and try out Yoga. Youth are able to bring a program assistant when using their PAL card and we will have a Leisure Buddy to help participants in the program.
Wednesday 6-6:50 pm Activity# 43123 Fee $24.42

Yoga: Youth Girls Only
This is for youth 10-14 to come and try out Yoga. Work with our youth friendly instructor, beginners welcome!
Great for dancers or youth in gymnastics.
Fee $24.42 Ages 10-14
Wednesday 7-7:50 pm Activity #43098

For more information connect with Jenn blanchardj@camridge.ca